

The Physician's BOOKSHELF



TODAY'S DRUGS—Specially Commissioned Articles from the *British Medical Journal*, Published Between January 1963 and April 1964. Grune & Stratton, Inc., New York, 1965. 400 pages, \$5.50.

The physician of today is presented with advice on recent advances in drug therapy from a variety of sources. In the United States counsel by teachers of medicine has been supplemented and to some extent supplanted by the exhortations of the pharmaceutical house. In England politics as well as big business has entered the competition. This book, which is based on a series of review articles published by a number of different contributors in the *British Medical Journal* in 1963 and 1964, is designed to give useful and medically authoritative advice on the treatment of patients. The *Journal* commissioned these articles to assess the value of new remedies and to compare them with older medications in order to form a clear and up-to-date review of drug treatment.

Through the greater part of the book the editors have been successful in accomplishing their purpose. Good, solid information is presented in compressed form. The contents are divided into 11 general parts with several chapters in each. In most chapters there is a general review of the therapeutic subject with the considered opinion of the authors on each group of drugs stated in authoritative and succinct fashion. Most chapters contain a table listing the individual drugs in the chapter with their generic and proprietary names and their dosage.

As noted in reviews of other British medical texts dealing with advances in therapy, there are two principal drawbacks to this volume: (1) Differences in British and American terminology for the same drug are often confusing and may keep the reader from recognizing the product. (2) At the time the text is published, the British volume is several years behind the comparable American book. On the other hand, the medical student or practitioner wanting an extra clear, succinct, authoritative reference will do well to have this book at hand.

E. WAYBURN, M.D.

HANDBOOK OF CARDIOLOGY FOR NURSES—Fifth Edition—By Walter Modell, M.D., F.A.C.P., Doris R. Schwartz, M.A., R.N., Louise S. Hazeltine, M.A., R.N., and Frederic T. Kirkham, Jr., M.D. Springer Publishing Company, Inc., New York, 1966. 323 pages, \$4.75.

This handbook is in its fifth edition and is an excellent treatise not only for the nurse but for paramedical individuals who wish to know more about heart disease. The text is clearly and simply written and not only emphasizes new work, but also highlights the activities in which nurses can be helpful. This is particularly clearly stated in the chapter on coronary artery disease.

The book is brief but comprehensive, and in addition to covering the usual types of heart disease, discusses anatomy, physiology and patho-physiology, resuscitation, the coronary care unit and cardiac surgery. There is a brief but clear account of the drugs used in heart disease and practical suggestions for low sodium and low fat diets. Of special note is the up-to-date bibliography at the

end of each chapter, again with special reference to the role of the nurse, but with enough references pertaining to the disease to broaden the perspective.

The fact that a new edition has been written approximately every four years attests the usefulness of the book. The experience of the medical and nursing authors is clearly shown in the book. It is highly recommended.

MAURICE SOKOLOW, M.D.

LITTLE STROKES—By Walter C. Alvarez, M.D., D.Sc., Emeritus Professor of Medicine, University of Minnesota (Mayo Foundation). Foreword by Michael E. DeBakey, M.D. J. B. Lippincott Company, Philadelphia and Toronto, 1966. 190 pages, \$8.00.

As the author writes, "This little volume is unique." It is an expression of his interest over many years and a formulation of his thinking on a condition with many manifestations and many names which affects patients of generalists and specialists alike. Dr. Alvarez is a gastroenterologist who long ago found that he "must be somewhat of a neurologist and a psychiatrist."

This is Dr. Alvarez's thesis: In the majority of people who have rather abruptly deteriorated in judgment, memory, initiative, endurance, and poise, it is possible to bring out a history of one or more transient lapses of cerebral function (small strokes), minor so far as classical neurological defects are concerned yet disastrous to total functioning.

The nature of the author's practice has precluded his furnishing any new pathological observations, but he has furnished ample bibliographical references. His case reports are in the form of sketches, very readable but admittedly somewhat discursive and anecdotal.

CLARENCE W. OLSEN, M.D.

MEDICAL CARE OF THE ADOLESCENT—Second Edition—By J. Roswell Gallagher, M.D., Chief, The Adolescents' Unit, Children's Hospital Medical Center; Clinical Professor of Pediatrics, Harvard Medical School, Boston; with eight contributing authors, and The Staff Physicians of the Adolescents' Unit, Appleton-Century-Crofts (Division of Meredith Publishing Company), New York, 1966. 489 pages, \$12.00.

In 1960, it was the privilege of this reviewer to comment on the first edition of Gallagher's book *Medical Care of the Adolescent*. At that time I was most impressed with the breadth of coverage of all medical problems relevant to the adolescent, and especially with the consistent integration of psychologic with physiologic insights. The conclusion of my review at that time was: "Altogether the book is a unique, stimulating and reassuring guide to anyone interested in caring for adolescents and their problems."

The popularity of the book is indicated by the fact that only six years later a second edition has been published. The new edition not only has an increase from 369 to 489 pages, but also has a number of added chapters on other clinically important problems, written by various authors. Among these the following may be mentioned: Chapter 4: Secular Acceleration of Height and Biologic Maturation, by Thomas E. Cone, Jr.; Chapter 17: Vene-